

YMCA POOL SCHEDULE

Effective Monday February 25 - March 24

	MON	TUES	WED	THURS	FRI	SAT	SUN		
5:00	YMCA OPENS AT 5:30 am					YMCA OPENS AT 6AM		5:00	
5:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		5:30	
6:00							6:00		
6:30							6:30		
7:00							7:00		
7:30						7:30			
8:00						SWIM TEAM	LAP SWIM	8:00	
8:30								8:30	
9:00						Laps & Deep Water	BOCES 12:30 - 1:30	Laps & Deep Water	BOCES 12:30 - 1:30
9:30	9:30								
10:00	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	10:00					
10:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN SWIM	10:30			
11:00						11:00			
11:30						11:30			
12:00						12:00			
12:30								12:30	
1:00							1:00		
1:30	OPEN SWIM	CLOSED 1:30 - 3:00	CLOSED 1:30 - 2:30	CLOSED 1:30 - 2:30	OPEN SWIM	OPEN SWIM	1:30		
2:00			2:00						
2:30		2:30							
3:00		3:00							
3:30		OPEN SWIM	OPEN SWIM	OPEN SWIM			3:30		
4:00	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS				Y closes at 4 pm		
4:30							4:30		
5:00	STINGERS SWIM TEAM	STINGERS SWIM TEAM	MASTERS SWIM	STINGERS SWIM TEAM	AQUA AMP 5:30 - 6:30	YMCA POOL RULES 1. Proper swim attire required 2. Walk on pool deck 3. Shower before swimming 4. NO HORSEPLAY 5. Children 5 and under must have an adult in the water 6. Children 8 and under must be supervised by an adult 7. Non-swimmers must have an adult in the water 8. NO INFLATABLE FLOATIES	5:00		
5:30							5:30		
6:00			6:00						
6:30			6:30						
7:00			STINGERS SWIM TEAM				7:00		
7:30	ADULT LESSONS	OPEN SWIM		OPEN SWIM	OPEN SWIM			7:30	
8:00	OPEN SWIM							8:00	
8:30							8:30		
9:00	Y Closes at 9:30PM							9:00	
The McDonald Pool closes 30 minutes before YMCA closes									



LAP SWIM: Lanes 2, 3, 4 for Laps.
Lane 1 for Water Walking.
OPEN SWIM: Open for all members.

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